UNITY DAILY WORD

A Page of Sunshine for Every Day

Revealing the way to

EALTH, HAPPINESS *and* PLENTY

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February 20 to March 19

Christ, the radiant light within me, quickens, inspires, and directs me.

Infinite, omnipresent substance and life are now renewing and rebuilding God's temple, my body.

I rejoice in the bounty of God now giving me strength in my mind and supply in my affairs.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

Night Is a Sieve

Elizabeth J. Law

Last night was a sieve of grace
  Through which I poured yesterday,
Exactingly drained into space
  The things that are passed away.

Today I found in the dawn
  New courage to love and to live;
I sing as I carry on
  The song caught last night in the
    sieve.

Interpreting

Della Adams Leitner

By our kindness and compassion,
By our help to those in need,
By our sympathetic patience,
By our willingness to heed,
By our happiness and gladness
By unfailing charity,
By our tender ministrations,
Lord, may we interpret Thee.

By our eagerness to follow
Humbly in the Master's way,
By our loyalty and meekness,
By our courage day by day,
By our kind consideration,
By forgiveness full and free,
By just appreciation,
Lord, may we interpret Thee.

By our strength in overcoming,
By refusing selfish gain,
By response to those who struggle,
By relieving woe and pain,
Just by daily, helpful service
May we true disciples be
Showing forth the love of Jesus,
Lord, and thus interpret Thee.

Giving to God "for Keeps"

IF YOU WERE to give something to a friend today, take it back tomorrow, give it to him again on the third day, and get it again on the succeeding day, he would think you a strange giver. When you turn your burden or problem over to God, He does not expect to give it back to you. Expressing the thought in colloquial English, you must give it to him "for keeps."

If at night you pray and put yourself and some pet worry or problem in God's hands, reaching a consciousness of having let Him lift some burden from your shoulders, do you take the burden back from Him the next morning? When you surrender a burden or problem into God's keeping, let Him keep it. He cannot help you if you continue to take it back into personal consciousness or the consciousness of worry. He cannot act upon your problem if you do not give it to Him in its entirety. You must relinquish all claim upon it and lose all personal concern in it if you expect God to help you.

We are taught to give God two things: first, our love; secondly, our burdens. If we love God and trust in Him implicitly, we will have no difficulty in giving our burdens to Him to keep. If we are not sure of our love and are wavering in our trust, of course we shall think that we cannot trust Him when we give ourselves into His charge. If we find ourselves taking back the burden or problem we had previously given God, we may know that we need to increase our love and trust in Him.

If you are worried about some loved one,

give him to God. Let all your worry and concern about this person go with the giving. Do not place him in God's keeping and then do such a foolish thing as to worry about how God will solve the problem. Love God and trust Him.

Let God keep whatever you give to Him. Assure God when you place some one or some thing in His keeping today that you will not take this person or thing away from Him tomorrow. Let Him keep whatever you give to Him. Free your mind from all desire to take back what you give to God. You can do this by trusting God implicitly and by knowing that He will carry your burden and solve your problem.

When you give a burden to God, you give up all personal anxiety about it. When you give a problem to God, you should not expect to see anything of it or know anything about it until God returns it to you solved or else returns it to you with directions as to how you can reach the solution.

When you give your burden to God, you are set free from all sense of burden. You are mentally and physically unburdened. You shift the load from your shoulders to God's. You cannot feel weary or fatigued when God takes the burden upon Himself. His taking the load unburdens and refreshes you.

Do you see that when you give to the Lord, you must give "for keeps"? Do you see that when you give him your burden you must let him keep it? Do not feel that you must rest His shoulders by occasionally taking it back upon

yours. Do not feel that the load may be too heavy for Him and that you must share it with Him.

If you do not feel that God is equal to carrying your burden, do not give it to Him. Keep it yourself and try to bear it alone. If you give it to Him, He will expect all of it. He will not even expect you to bear any part of it or to relieve Him of it at times.

These lines from a little Unity poem convey something of this message:

Have you yet prayed about it, friend?
You wonder what is best?
Then place the matter in His hands
And leave to Him the rest.
The load is lifted when you pray;
Your heart will lose its sigh
When you give all into His hands
As He is standing by.

Yes, the load is lifted during the time of prayer, but after we cease praying we may have a sense of its coming back to us if we are not watchful.

Giving our burden to the Lord is a matter of absolute resignation. We yield all to Him. We hold nothing back for ourselves. We make a gift to God without strings on it by which to recover it. When the time comes for God to give back to us what we have intrusted to His care, we shall know when we receive it that He has removed everything troublesome from its nature and returned it to us as a blessing.

The things in your life that you do not want can be given to God.

Keeping the Pattern in Mind

DO YOU have a pattern or ideal in mind that you use in your spiritual progress? Do you keep this pattern clearly in mind in order to make your work more effective? "There are those . . . who serve *that which is* a copy and shadow of the heavenly things . . . make all things according to the pattern that was showed thee in the mount." When we keep in mind the pattern that was shown in the mount, we keep before us the ideal of spiritual heights and not a counterfeit or untrue image of what we want to accomplish.

Only in high spiritual consciousness can we perceive the pattern that Spirit has made for us. Only by reaching the spiritual heights through prayer can we behold ourselves and our life as seen in Spirit. Spirit alone can give us the pattern of spiritual consciousness that is to be our chart and compass in spiritual regeneration and ongoing.

Two things are necessary. We must get a clear conception of the pattern or ideal, and we must be faithful in keeping it before our eyes. Even as the artist or builder must have a definite pattern by which to work and must be true to this, so must we have a clear conception of what we are to accomplish and then be faithful in holding to it.

If you wish to give yourself a metaphysical treatment for health, you must first enter spiritual consciousness through prayer and perceive the pattern of health. You are to make over your body or to transform it from disease to health through keeping the pattern of health in

your mind's eye. You are not to look at any counterfeit copy or shadow of health. You are not to be satisfied with anything short of the ideal or perfect.

You can easily see that if you are to treat yourself for health, you must not keep the pattern of disease in mind. We are almost tempted to believe that failure to demonstrate health comes from not holding to the clear pattern of health and from thinking and seeing disease as reality. This pattern of health and wholeness shown you in the mount is that which must be uppermost in your thought in the treatment for health.

In health treatments the individual must have a definite picture of health in mind. He must be able to think, see, and behold health as his own even when belief in or manifestation of disease tries to establish itself. He must at all times be loyal to the truth about his innate perfection regardless of the appearance of disease.

If you pray to forgive another, the consciousness of forgiveness that you reach in prayer must continue until your forgiveness is complete. The pattern of forgiveness and love shown to you during prayer must be clearly held in mind until the perfect work of forgiveness is done. You cannot forgive another while you are in prayer, later hold him in the memory of injury and condemnation, and expect forgiveness to take place. You must be faithful to the pattern and not refer in mind to any copy or shadow of anything less than complete forgiveness.

Prayer helps us to keep in a state of high consciousness where the pattern by which we are working is ever before us. We hold easily to the pattern because we do not lose sight of God. For this reason we should resort to prayer when we find that we are losing sight of the pattern.

There are those who do not succeed in life or in business because they have never provided themselves with a pattern or mental plan or goal. They are those who lack an inner stability and are blown about by the winds of caprice and chance, knowing not and caring not what becomes of them.

The pattern that we hold in mind should be faithfully adhered to unless some better pattern presents itself. We should not make a revision or change in the pattern ourselves. Prayer alone should be permitted to make such a revision.

Keeping a pattern in mind is strong discipline for many who before led an aimless existence. The experience calls for confiding in God, beholding the plan He has in mind for us, and obediently following it. Our reward is certain. That which we hold in mind becomes real, tangible, and visible to us. The display of the pattern to us in the mount but foretells the appearance of that which is to come into visibility through our clear vision and faithfulness.

Get the clear realization in mind of that which you hope to see objectified or outpictured in your life. Let nothing distort this vision.

The Life of the Triumphant Spirit

THE SPIRIT of Christ within you prevails for but one purpose: to make you realize that it triumphs over the claims of the world about you. You get into difficulty when you believe that the world about you can dominate you or triumph over you. If you believe that germs of the air about you can limit your health, if you believe that other persons can interfere with your peace or progress, if you think that the world about you can bring about unfavorable situations, then you need the message of the triumphant Spirit, the power of your own indwelling Christ.

Of Christianity's many messages to mankind the most significant is this: "Greater is he that is in you than he that is in the world." As we meditate upon this, we find Him of the triumphant Spirit within us. We recognize His omnipotence and the powerlessness of that in the world which has appeared to prevail against us.

Christianity ever wages a fight against the world, against that in the world which causes man to have his attention drawn from Spirit, that which makes him believe the world has power over him and his indwelling Spirit, that which implants in his mind the worldly thought that undermines his peace, happiness, health, and progress. Do you grasp what we mean by the world and what it is against which the church and the Spirit prevail?

The Spirit triumphant within us lifts us above all belief that the things of the world

about us can prevail against us. We find Spirit within us ever victorious, ever dominant. When we reach the consciousness of soul victory nothing in all the world can defeat us.

We do not present this to you simply as a restatement or possibly a new presentation of a Christian doctrine. We offer it to you as the message that will set you free from any belief that something today is too powerful or too difficult for you and your Spirit. We offer it as a solution of the problem that you may have in mind this very moment. We call your attention to Spirit within you as victorious over that which this very second may seem to prevail against your peace of mind.

Do you have any unhappy situation in your home or in your business? The power of the triumphant Spirit of Christ within you is greater than the unhappy situation. Do you live in an environment where unkindness appears to prevail? The love of the triumphant Christ in you is greater than the appearance of a lack of love.

Do you not see that the triumphant Spirit of Christ that prevails is the Christ in you that at this very moment is prevailing over your world? Have you not grasped the truth that the victory of Christ over the world is the victory of your own indwelling Christ over situations of your own world? It is victory over that which, in your mind, might at the present time seem to be impossible to overcome. It is victory over unpleasant situations in the home, victory over the

appearance of failure, victory over disease and physical weakness.

"Thine, O Jehovah, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heavens and in the earth *is thine;* thine is the kingdom, O Jehovah, and thou art exalted as head above all." Keeping this in mind, we have the inner conviction that evil, sin, sorrow, fear, disease, and failure have no greatness, no power, no glory, no victory, and no majesty. We know that the triumphant Christ in us is exalted in His kingdom of peace, good, right, and justice and that He is head of our world. For the Christian in spiritual consciousness there is no evil, no worldly thing. For him there exists only Christ triumphant as good, victorious throughout all time. He ceases to denounce the evils of the world, because he can overcome them and they are as nothing to him henceforth.

Christ in you at this moment would inspire you to accept Him as your power to defeat every adverse belief. As this message comes to you, you become more convinced of that secret truth to which your heart has always ascribed, the inner knowing that Christ will prevail. You cease to believe that persons, things, and circumstances of the world can prevail against you, against Christ in the midst of you.

You live the life of the triumphant Spirit when you are aware of naught but Christ within you overcoming every adverse and negative condition.

The Impossible

The difficult is that which can be done immediately, the impossible that which takes a little longer.

—Nansen

The peace of Christ within me harmonizes my every thought, and I am peaceable toward all persons and all things.

I NOW turn my every thought away from that which has seemed to be inharmonious and direct my attention to Truth and to Christ. I no longer believe that things of the world have power to destroy my peace or to take it from me. I do not believe that my peace is found elsewhere than in Christ.

Christ to me is the center and place of perfect harmony. My every thought is harmonized when centered in Him. Harmony prevails in my mind and pervades my whole being. Naught but peace exists in my world when I am at peace with Christ in the midst of me. In Truth there can be only peace because there is only Christ.

In the secret place of Christ's presence within me I find peace and harmony. I find that peace which can never pass away. I realize that my peace of mind does not depend upon things of the world but upon my awareness of the presence of Christ and my identity with Him. In Christ my peace forever exists.

The peace of Christ within me is a peace that keeps me harmonized in all situations. I make myself at one with Christ.

Peace be multiplied unto you.—*Dan. 4:1.*

I no longer believe in the power of evil, because I have supreme faith in God, the good.

MY FAITH in God increases as my thought is directed to Him. Doubt decreases to nothing as I meditate upon God. I am free from all unbelief as I think about the goodness and the greatness of God. I have supreme faith in Him because I recognize Him as all in all, the only presence and the only power.

Instead of believing in disease I believe that God is my health. I have no faith in disease, because I recognize God as my life and my strength. I wipe from mind all belief that disease can have any place in my life since I know that God is my health.

Instead of thinking of lack and failure as existing in my affairs, I know the truth that God is my substance and supply. Through my faith I cause my supply to become manifest. By faith I behold the riches of God coming more and more into visibility.

Instead of believing in the power of fear, hate, and adversity, I increase my faith in God, the good. I know that God's goodness will prevail, and I have supreme faith in His power to manifest good when I need His aid.

He wavered not through unbelief, but waxed strong through faith.—*Rom. 4:20.*

Every thought of anxiety is now cast out of my mind and replaced by confidence in God.

I REJOICE to trust in God completely and to give into His keeping all my affairs. Having confidence in Him, I cannot be anxious. Trusting in Him, I cannot believe that evil can come to pass. Every thought of anxiety is now dropped from my mind, and I know that all things are working together for my highest good.

Trusting in God, I cannot entertain any thoughts of anxiety. I cannot become anxious when I give myself and all my affairs into His keeping. I cannot be afraid of the outcome of my affairs or fear for the future when I trust God in all my ways. In Him I put my trust.

I realize that half my battle is won when I rid my mind of anxious thoughts. I know that victory is sure when I have perfect confidence in God and am willing to give myself and all my affairs into His charge. I know that I cannot be anxious about things of the world when I have reached the consciousness of perfect trust.

I live in the realization that the Spirit of God has now healed my mind of anxiety, and I abide in that confidence in God which causes all things to be adjusted in divine order.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

I am free from the habit of impatience. The Spirit of patience in me has done its perfect work.

I AM no longer given to impatience. I no longer think that God's help will be delayed or that evil in some wise will conspire against me before God can deliver me. I do not think that the work of God depends upon time. I know that His blessings cannot be delayed.

Christ in me is ever patient. Through the Christ Spirit in Him Jesus was ever patient, and I am inspired like Jesus to turn to the patience of my indwelling Christ. I am inspired to be patient when those about me would be impatient, when things would appear to be in a chaotic condition, and when situations would seem to lack the presence of God. I can be patient at all times because I trust in God entirely.

Abiding in the patience of Christ, I see all persons, all things, and all circumstances in God's keeping. Things of the external world cannot make me impatient because Christ in me is ever patient. I know that God is ever at work in me, bringing order out of chaos in my world and causing good to spring into visibility. My patience is rewarded by blessings from God.

Let patience have *its* perfect work.—*James 1:4.*

All fear is now removed from my mind because the courage of Christ fills my every thought.

I DO NOT fear other persons or external things. Through Christ, divine fearlessness, I am filled with sufficient courage to meet any situation. I meet every circumstance through the courage of Christ within me, my own courage. I relinquish every thought of fear in order to experience and utilize the courage of Christ.

Persons and things do not have power to frighten me. All things in the external world are now being viewed from the standpoint of my indwelling Christ. I know that He looks out upon a world that He has conquered. Christ in me beholds all things as mastered through His indwelling courage.

As I give up fear I find that my courage increases. I find within me the courage that ever prevails against fear and overcomes it. I know that my fear is but a negative reaction to external things and that things are not responsible for it. I realize that my fear is something that no one but myself is responsible for, that it does not indicate the state of external things but only my reaction to them. I realize that I can remove fear with the courage of Christ.

There were they in great fear, where no fear was.—*Psalms 53:5.*

Christ within me ever rejoices and fills my world with His joy.

I REALIZE that when I turn in thought to Christ in the midst of me I am unified with joy. I know that I cannot entertain a thought of sorrow or depression and at the same time think of Christ. I realize that things of the external world cannot appear to take my joy from me when I know that it is centered in Christ.

Joy comes from realizing my oneness with Christ and from knowing that I am no longer identified with that which is un-Christlike. I become filled with joy as I realize that I abide in His presence and that He abides in me. No thought of depression or sorrow can reach or touch me when I abide in the joy of Christ.

I rejoice to find in Christ that which my soul hungers for and that which I earnestly seek in life. The joy of Christ is my ultimate and perfect satisfaction. I need naught else when I abide in His joy. I only need to know that I am one with Him in order to participate in the joy of heaven.

Through the presence of Christ I am inseparably joined to the presence of unspeakable joy. I am one with that joy which can never pass away. I abide in Him and His joy.

That my joy may be in you, and *that* your joy may be made full.—*John 15:11.*

In the freedom of Christ I proclaim my own perfect freedom.

IN THE freedom that Jesus brought to man in bondage I find my perfect freedom. I enter into the Christ consciousness which knows no bondage or limitation. In the realization of perfect freedom I can no longer be enslaved to mortal thought or to belief in sin, evil, fear, disease, and lack.

I accept the message of freedom that Jesus brought to me from heaven. I accept the truth that His Christ consciousness revealed to me. I know that in Truth I am no longer in bondage, no longer enslaved to adverse beliefs. My freedom is sure because I am certain of the Truth that Jesus brought to me.

Today I give up every limiting belief in order to enjoy fully the Christ consciousness of freedom. I drop from mind every thought that would bind me to limitation. I refuse to be self-hypnotized by my own limiting thoughts or to permit them to bind me to adverse conditions. I know that in the Truth of Christ I am free.

My freedom is ever established in the Christ consciousness. I am free in the realization that things cannot enslave me because they cannot enslave Christ within me.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

I do not limit myself through any bondage to time. I abide in God's blessings of today.

I WIPE from mind all belief that blessings from God are delayed in time. I know that when in my consciousness I correct my thought about time and learn to live in the present moment, I shall no longer delay His blessings.

In Truth there is only the eternal now. I live in the consciousness that I am liberated from all bondage to yesterday or tomorrow. I know that in Spirit the blessings of God are now ready for me. I enter the consciousness of timelessness in order to make my perfect demonstrations now.

Christ in me knows no bondage to time even as Christ in Jesus was not bound to time limitations. I rejoice to live in the Christ consciousness that is exalted above human concepts and limitations in regard to time. In His consciousness of timelessness I find the eternal now and His manifold blessings.

All things now appear at my disposal. In the present moment I find the blessings of God ready to come into expression in response to my word and desire. I find wisdom, peace, love, joy, health, and plenty now appearing in my life.

All things are now ready.—*Luke 14:17.*

My body is God's holy temple, and His presence redeems it from all mortal thought.

I REDEEM my body from sin, disease, and death by redeeming it in my consciousness from all mortal thought. I no longer look upon my body as material and physical. I know that in the sight of God it is worthy of His presence.

As God's temple my body is filled with His presence and perfection. In Truth it is free from evil, weakness, and disease. No adverse thought can be outpictured upon my body when I cease to think adverse thought. My body cannot manifest disease when in consciousness it is dedicated to health.

I resolve to keep my body pure in deference to the presence of God. I will not permit any impure thought to lodge within it. I will no longer permit sin in any guise to enter my body through my sinful or adverse thought. In my consciousness of the body I behold it as free from all physical limitations and as dedicated to purity, holiness—the Christ.

Henceforth when I think of my body, I will not place any limitation upon it. I will realize that it is God's holy temple, filled with His presence.

Know ye not that ye are a temple of God, and *that* the Spirit of God dwelleth in you?—*I Cor. 3:16.*

Through Christ I am taught to be just and righteous in all my dealings.

THE JUSTICE of Christ is now quickened in me, and I rise above all mortal thought of injustice. I refuse to be the instrument of injustice. I will let Christ's justice be expressed through me whenever there is need for justice. I know that I can overcome any tendency toward injustice through relying upon Him.

The justice of Christ now active within me assures me that others will not deal unjustly with me. I know that no unjust thought can prevail against the justice of Christ. I realize that in His consciousness there can be only divine justice, and I am willing that it be exercised in all my affairs.

Abiding in the thought of justice, I am willing to be a channel through which others are quickened to justice. I willingly look past any evidence of injustice on their part in order to help establish justice in their consciousness. Through my higher consciousness of the presence and will of Christ I help all whom I associate with to become quickened to divine justice. Only justice reigns in heaven. In the higher realms of my consciousness only justice can prevail.

True and righteous are his judgments.—*Rev. 19:2.*

Giving up adverse and limiting thoughts, I let the mind of Christ in me, the mind of Truth, express itself in my thinking.

I AM in no bondage to mortal and adverse thoughts. I believe that I do not have a mortal or carnal mind and that I am not bound to limiting or carnal thoughts. In Truth there is only the mind of Truth, the Christ consciousness. There is only one spiritual consciousness, one Divine Mind, one Christ.

I give up every thought of sin, evil, fear, hate, disease, and failure in order to identify myself with the mind of Christ and thoughts of good, peace, love, health, and plenty. I know that thoughts of evil are of my own state of mind and do not come from the mind of Christ. I realize that I must give up every limiting belief in order to identify myself with Christ.

In thinking Christward I abide in His consciousness and realize my at-one-ment with Him and His thoughts of Truth. I am of His mind. I live in His thoughts even as He lives in mine. The mind of Christ contemplating man—His perfect idea—has created me, and I resolve to live up to that which is expected of me as the object of divine reflection or meditation.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

"I will lift up mine eyes unto the s, fro

the s, from whence cometh my help."

PHOTOGRAPH OF A PAINTING BY WARDE TRAVERS

Through Christ love I redeem all my thoughts of hate and fear and express love in all my ways.

I YIELD UP from consciousness every unloving and unkind thought in order to let Christ's love be expressed in me. I give up every thought of hate, personal animosity, and fear in order to be loving and kind, as Christ would have me be. No unloving thought can lodge in my mind, because it is dedicated to the love of Christ.

As I abide in His love I feel that every unloving thought in my heart has been dissolved. I know that unkind thoughts cannot live in the presence of Christ in my heart. I realize that in yielding up unloving thoughts I make myself more loyal to the love of Christ. I behold my heart as His loving heart when my innermost consciousness is dedicated to love.

Through Christ love I redeem all my adverse thoughts. I let His love be established in my heart. I turn my attention to His love, His heart, and His loving thoughts. In this way I am healed of all selfishness and bitterness. I am free from all hate and resistance to love. I abide in His loving-kindness.

The love of Christ that animated Jesus is the same love that rules me.

Love one another; even as I have loved you. —*John 13:34.*

Christ in me teaches me to pray, to live in communion with God.

I KNOW that when I desire to pray the Spirit of prayer will teach me. I realize that Christ in me directs me in communing with God. I know that through prayer, being conscious of my oneness with God, I can do all things.

Prayer is the privilege bestowed upon me by God whereby I am endowed with His power and can accomplish whatever I undertake. Through prayer I see beyond the appearance of adversity and evil and behold the reality of good. By prayer I see the glories of heaven coming into visibility for me here and now.

As I pray I rise out of all belief in mental or physical limitations. By prayer I am exalted to a level of consciousness from which I see disease disappear and behold health instead. Prayer lifts me to the consciousness where I see unrealities give way to the realities of Christ.

When I pray I am conscious that the goodness of God always has existed for me. I realize that God's blessings are mine and that they become more and more visible as I pray for clearer vision. I know that in Spirit and in Truth that which I seek through prayer has ever been mine, simply waiting for me to claim it through the power of prayer.

The prayer of faith shall save him.—*James 5:15.*

The quickening, purifying, vitalizing life of Christ in me is now quickening, cleansing, and strengthening me.

AS I DIRECT my attention to the life of Christ within me I realize that I identify myself with sufficient life for all my physical demands. I know that I am quickened by the life of Christ to realize bountiful life. I feel within me the cleansing, vitalizing, strengthening life of Christ that lifts me to a high consciousness of my oneness with His life.

Down deep within me I feel the life of Christ and know that He lives in me. His life is mine. His consciousness of life is ever shared with me. I live because He lives within me. All my life is derived from His presence of life.

Turning from all belief in lack of life, weariness, and weakness, I enter the consciousness of the life of Christ. Newness of life fills and thrills me. I am alive throughout my whole organism. My body tingles with the vitalizing, swift-flowing life of Christ.

I abide now and forever in Christ's life. I am inseparably joined with Him and I refuse to entertain any thought that would limit my life in any wise.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—*II Tim. 1:10.*

The perfection of Christ in me now comes forth as my own perfection.

I KNOW that through the perfection of Christ in me I am free from blemish and imperfection. I realize that the perfection of God, my Father, now comes forth in me, His child. The seed of divine perfection implanted in me at the time of my creation grows and develops into that which is perfect in the sight of God.

In Truth I cannot have shortcomings. God did not create me imperfect. In Spirit I manifest the perfection of God's perfect child, and this perfection now appears as God would have it manifest itself. The perfection of Christ in me is now expressed to the glory of God, my Creator.

Henceforth I will not think of myself as imperfect or speak of my shortcomings. I know that to do so is contrary to the wishes of God and contrary to Truth. In thinking and speaking of man's perfection I think and speak according to Truth. Thinking of perfection as mine, I think in harmony with the Truth of Christ.

That which is perfect in Christ at the heart of my being comes forth into manifestation as the effect of my word and desire.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

God, the principle of Truth, the law of good, has set me free from all belief that I am under any adverse law.

IN TRUTH there is but one God, one law of Truth. I recognize this as the law of good and now realize that I am under its dominion and government. As I can be governed by only the one God, so I am ruled only by His law of good.

I no longer think of myself as under the dominion of laws of adversity, limitation, disease, and failure. This human conception must give way to Truth, and I now recognize the truth of one God and one law. I realize that in Truth evil has no principle to support it or to cause it to live. In Truth there is only God, His law of good, forever active and operating in and through me.

The law of Christ, the principle of good, has set me free from so-called laws of adversity. I direct my whole attention to that freedom which comes from identifying myself with the principle of Truth. I give my whole thought to the law of good and know that I cannot recognize man-made laws of evil, misfortune, or ill luck when I do so. I realize that God governs my life as the principle of Truth.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and death.—*Rom. 8:2.*

By the power and authority of the Spirit of Christ I have power and authority to overcome and vanquish every evidence of evil.

THE SPIRIT of Christ in me gives me power and dominion over all that is unlike Christ. The power of God coming to me through Christ in the midst of me conquers and vanquishes all that has appeared to oppose Christ, the good. I realize that through Christ's power I have the weapon that will destroy all the seeming power of evil.

I have power and authority over all belief in sin, evil, hate, disease, and failure. These have no power over me, over my body, or over my affairs. I cast from mind any latent, hidden, or subconscious belief in a power other than Christ. I abide in the consciousness that even as there is but one God there is also but one power, dominion, and authority that comes through Him.

The power of Christ in me gives me power over every situation in my life. Nothing unholy can exist in me because the power of Christ will not permit it to live in me. Through Christ I have power over all that concerns me. I have authority over every circumstance in my world.

Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy.—*Luke 10:19.*

Through heavenly consciousness I find heaven within me here and now.

I REALIZE that the kingdom of God, the realm of perfect harmony, lies within my heavenly consciousness at the innermost center of my being. I no longer think of myself as identified with anything satanic or unheavenly, evil or material. I know that I am eternally identified with heaven.

I know that heaven need not be put off until some future time. I realize that I can enjoy heaven whenever I enter spiritual consciousness. I find heaven one of the greatest blessings of the eternal now. I realize that I find heaven in the consciousness of life, not in the experience of death.

Heaven does not exist in the distance. Man's belief in space and separation cannot deprive me of enjoying heaven right here. Heaven exists in the place where I now am, since the Spirit of God is always where I am. Heaven cannot be apart from me since my good is always unified with me through the presence of God.

Through the realization of heaven—the consciousness of the presence of all good, peace, light, harmony, joy, love, and life—I find that heaven is very real to me.

I was not disobedient unto the heavenly vision. —*Acts 26:19.*

Christ in me radiates to the very circumference of my world, and my life is filled with light.

FREE from all belief in darkness and ignorance, I turn in thought to the presence of Christ within me, the presence of eternal light. There is no room for ignorance or darkness in my world, because it is filled with Christ. His light is the source of my inspiration, illumination, and revelation.

I no longer think or speak of myself as ignorant. I realize that I am the child of God, the child of light. God created me in light and sent me forth into the world bearing the light of His wisdom. Through all time and in every place my duty to God is to let His light shine in and through me. I ever bear His light and let myself be a channel for His spiritual radiance.

All that I need to know is revealed to me through the wisdom and intelligence of Christ. Nothing I need to know can be withheld from me. All wisdom for my daily experience is revealed to me. All that I seek is disclosed to me. My questions are answered by my indwelling Spirit of all wisdom.

The light of Christ within me is the intelligence that guides and directs me in all my deliberations.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

March 20 to April 19

Illumination

Infinite intelligence illumines and inspires me with thoughts of wisdom, peace, and righteousness.

Healing

I am at peace because I trust divine justice to regulate my mind, body, and affairs.

Prosperity

I delight to think of Thee as my ever-present abundance splendidly supplying all my needs.

Christ in me has healed me.

TURNING away from all belief in disease as something related to me, I turn in thought to the presence of Christ within me, the presence of my own health. My consciousness of Christ as my health heals me of every belief in disease. I no longer think of disease as my own since I realize that only Christ is mine.

Christ in me has now healed me of all belief in disease. I do not think of disease as having any place in my consciousness or in my body. I know that I do not have to have disease because I am inspired and quickened by Christ to have health.

I no longer give disease power over me since I realize that Christ as health is the only power. I know that all the power disease has is that which I give to it and I refuse to give it any. I cause health to be expressed in my life through my consciousness of health. I know that in Truth health is manifested in me as the outer expression of the power of Christ within me.

Henceforth I recognize only health and see naught but it as true. I know that through my divine birthright I am every whit whole and well. I know that God's perfect idea of health is now expressed in me as my own perfect health.

Jehovah will take away from thee all sickness.
—*Deut. 7:15.*

The Spirit of plenty now quickens my mind, and I behold plenty coming into visibility in all my affairs.

I KNOW that in God's world, the world of reality, there is no deprivation, no loss, no lack. I realize my place in this world of plenty when my consciousness is quickened to behold plenty. No belief in the reality of lack shall cause me to be left outside the pale of God's world of abundance.

Through refraining from thoughts of lack and through thinking thoughts of prosperity and success I build up a consciousness of plenty. My rich ideas cause me to become rich in consciousness and to behold plenty as something visible and tangible.

I resolve to keep my mind free from all belief in lack and to be established in the realization of my bountiful prosperity. I know that through the power of Truth, the power of Christ, I am bountifully prospered. No good thing can be withheld from me. I live in the realization that the riches of God my Father are shared with me His child. I keep myself in a receptive state of mind in order to receive the blessings of prosperity that He bestows upon me.

The Almighty will be thy treasure,
And precious silver unto thee.
—*Job 22:25.*

Through Christ in me I am prompted to forgive and to forget all personal injury.

I READILY and promptly forgive when I let Christ's forgiving work be done. I let go of every memory of personal injury, all sense of hurt feelings when I turn to Christ. No one can be denied my forgiveness, because I will not stand in opposition to Christ and His forgiveness.

Christ in me readily and promptly forgives any one who appears to do me a personal injury. Through the Christ consciousness of forgiveness I rise above all personal consciousness and sense of injury and forgive. In the Christ consciousness I cannot be bound to unpleasant memories and to the sense of personal injury. In Christ all is forgiven.

Christ in me salutes the Christ in all men.

When I behold the Christ in another, I do not call to mind that the personal man identified with him has appeared to harm me by word or deed. Christ in me is unhindered in His forgiving work. His work is thoroughly done.

When the forgiving work of Christ in me is being done, nothing can withstand it. It cannot be thwarted or meet defeat.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—Psalms 103:1, 3.

The Truth of Christ—of my eternal oneness with God, the good—is now established in my consciousness, and I am free from all contrary, negative, and adverse beliefs.

WHAT is Truth? As my mind ponders this question, I realize that Truth is the philosophy and science of Christ brought to me from heaven in order to set me free from adverse and injurious beliefs. I know that Truth, the teaching of Jesus Christ, has freed my mind of all misconceptions about myself and my relation to life. I accept the message of Truth that Jesus brought to me and feel that it unburdens my mind of those beliefs which have no place in Truth.

The Truth of Christ is the truth about my spiritual nature, the truth of the presence of Spirit in me as victorious over the world, the truth of my inherent good overcoming seeming evil, the truth of my ideals made real, the truth of my answered prayers. I measure all my thoughts by the Truth of Christ. If a thought does not harmonize with His Truth I drop it from consciousness. That which is true of Christ is true of me.

The Truth of Christ is my standard of thinking and living.

Grace and truth came through Jesus Christ. —*John 1:17.*

The Spirit of the Lord now points out to me the path I should take and attends me on the way.

I AM free from the habit of indecision. When I have a choice or decision to make, I choose or decide according to the prompting of Spirit. I decide wisely and well. The Spirit of the Lord designates the thing to choose, the path to take.

When I go the way of Spirit, I know that Spirit will attend me and make my way one of peace and plenty. The path I select when spiritually guided is sure to lead me into joy and success. The way of Spirit is the way of light, peace, joy, and plenty.

The light of Spirit shines upon my way and reveals all things to me. Every barrier to my progress is removed when I go the way of Spirit. Having chosen Spirit's way, I cannot be hindered in my advancement.

The path of Spirit leads me into the very blessings of heaven. As I go Spirit's way I know that I am led into the realization of the fulfillment of all my desires. I am perfectly satisfied when I go the way of Spirit and am attended by Christ.

The way of the Lord now opens up before me and I see clearly ahead.

I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

The Spirit of Christ ever dwells in my midst, and I am one with Him and His blessings.

IN UNITY with Christ within me I identify myself with the very blessings of heaven. He is ever with me, ever dwelling at the heart of my being. Through my consciousness of unity with Spirit I unify myself with spiritual things.

I no longer think of myself as identified with sin, evil, inharmony, sorrow, fear, disease, or lack. I know that in Truth I cannot be identified with these. I cease to think of myself as related in any wise to negation and adversity. I know that when in consciousness I cease to unify myself with these I shall no longer be identified with them in the manifest world.

In the unity of Spirit I am unified now with that which I seek in prayer. My prayer is answered when I can reach in consciousness the realization of my oneness with the thing I seek to have. My oneness with all good ever exists in Spirit, and I have but to enter spiritual consciousness in order to identify myself with spiritual blessings.

The Spirit of Christ in me relates me to every good thing. Through identifying myself with Christ I come into oneness with all good.

Hail, thou that art highly favored, the Lord *is* with thee.—*Luke 1:28.*

Tuesday, March 26

The goodness of God now becomes so emphasized in my consciousness of Truth that I no longer believe in the presence or power of evil.

GOD, THE GOOD, is ever uppermost in my thought to the exclusion of every belief in evil. Since He is the only god I recognize, I cannot believe that He has an opposite. I cannot believe that He shares His omnipresence and omnipotence with any other presence or power.

I know that when I think of God I cannot at the same time think of evil. If I let the presence of God in my life be uppermost in my thought, I cannot believe in evil as having existence, reality, or being. I know that in Truth there is only God, only His goodness.

The goodness of God now coming into expression and visibility in my life increases and increases until I recognize and behold naught but good. I live in God's world of good. That which man has called evil has no place in His world. I give my entire thought to God and behold His goodness.

As I meditate upon God, I see Him coming into visibility in all things. I behold good as it appears in the sight of God. I see God as He is expressed in all persons.

Thou that art of purer eyes than to behold evil . . . holdest thy peace.—*Hab. 1:13.*

Christ in me is ever lifted up to the realization of absolute Truth, and I too am lifted up.

ABIDING in the presence of Christ, I am lifted to the high realization that He ever exalts me. I am lifted up because Christ in me is lifted up. I am exalted above depression and sorrow because I abide in the consciousness of exaltation and ecstasy.

Being exalted by the presence of Christ within me, I am lifted above all belief in sin, evil, fear, disease, and lack. I am exalted to the high consciousness of light, peace, joy, love, health, and plenty. I enter the consciousness wherein I behold myself as ever exalted through my consciousness of absolute Truth.

Christ in me is that spark of divinity which ever draws nearer and nearer to the Father. That in me which is of God is that which lifts me up. I feel a kinship with all that is divine and am ever lifted higher and higher in consciousness. I am raised to the presence of God and abide in the fullness of His glory.

Living in spiritual exaltation, I hope to remain in this state of bliss. I realize that I can do so by keeping my thought upon Christ in the midst of me and by realizing that He ever lifts me up.

Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.—*Isa. 60:1.*

In the stillness of the presence of Christ within me I find stillness for my soul.

I TURN from all sense of noise and confusion to Christ within me and feel His quietness. I turn away from the things of the outer world that seem to be inharmonious in order to feel the presence of quietness within me and commune with Christ.

Things of the world about me have no power to keep me from enjoying inner stillness. That which other persons say or do cannot keep me from enjoying the harmony and quiet of Christ within me. I know that when I keep my thought entirely upon Christ I am assured of quietness of soul.

In the stillness of my indwelling Christ I too am still. His Spirit conveys quietness to my soul. His Spirit broods over me and I feel a deep inner sense of stillness. Things of the world no longer have power to disturb. I abide in that high consciousness wherein I cannot be affected by persons, things, and circumstances.

Christ within me ever proclaims His quietness and assures me of quiet at all times. Through His presence I am unified with the presence of great stillness. My soul is identified with that of Christ, which is quiet and still.

Be still, and know that I am God.—*Psalms 46:10.*

I relax from all mental and physical stress and strain through giving myself entirely into the keeping of Christ.

I GIVE UP all adverse thoughts that cause mental tension, especially thoughts of fear. I now yield every thought about persons or things that would tend to tense my mind and cause a consciousness of strain. I give up thoughts that would keep me from relaxing in the presence of Christ.

As I relax from thinking heavy, dark, brooding, and fearful thoughts, I feel my mind become refreshened. I relax from thinking adverse and negative thoughts and my mind is relieved of all stress and strain. All tenseness leaves my mind as I center my thought upon Christ.

As I relax in mind I feel my body relaxing from tension and strain. My nerves and muscles relax when I give up tense thoughts. My whole body is free from tension as I hold to the consciousness of relaxation. My entire being is filled with peace and harmony as I meditate upon Christ.

Abiding in the presence of Christ, I give myself entirely into Christ's keeping.

He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.
—*Psalms 91:1.*

I give thanks for every sign of God's now becoming visible as tangible good.

I AM ALWAYS ready to give thanks for every indication that God loves me and that He bestows His good upon me. I cannot fail to be appreciative and grateful for the blessings that come to me. I cannot neglect to give thanks for the good that God showers upon me as the child in whom He is well pleased.

I give thanks for the knowledge of Truth that has come to me. I am thankful that I can participate in the wisdom of God and apply this knowledge to the affairs of my life. Thankful for understanding, I find that it increases more and more.

I give thanks for the healing of Spirit now taking place in my mind and in my body. Being thankful in this way, I become more and more conscious of the healing Spirit and more and more aware of its presence and work in me. Ever giving thanks for health, I rise to the consciousness that I have more and more for which to be thankful.

I give thanks for plenty and for success. I realize that the Spirit of plenty is ever prospering me, ever causing me to be successful in all that I undertake.

I will give great thanks unto Jehovah.—*Psalms 109:30.*

I am free from all thought of condemnation. I abide in the praise of Christ.

I NOW RISE above all thought of condemnation. I neither condemn others nor am I condemned. I am free from all tendency to condemn others because I abide in the consciousness of praise. I rejoice to behold the good in others and to see the good come into manifestation.

In the consciousness of praise, I am able to see many things to praise. I praise the goodness of God that is eternally coming to my attention. I know that as I abide in the consciousness of praise I am secure from all condemnation. I cannot praise God and at the same time condemn myself or others.

The Spirit of praise ever seeks to exalt me above condemnation. For this reason I am set free from all tendency to condemn others. They in turn cannot condemn me for I have nothing in me to respond to condemnation. I rejoice to abide in praise.

Christ within me ever praises. He inspires me to praise and to behold Christ, the praiseworthy in others. Living in this truth, I find praising the good in them very easy to do. They in turn are quickened to praise the good in me.

Behold, the Lord Jehovah will help me; who is he that shall condemn me?—*Isa. 50:9.*

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WEEKLY UNITY

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THIS YEAR the readers of *Weekly Unity* are privileged to enjoy some of the finest articles that the editors have ever obtained for publication. For instance———

● "UNCONDITIONAL FAITH," *by Jean Phillips*, gives a definite example of the unlimited benefits that result from the exercise of active, unwavering faith (February 26).

● "MY WORLD," *by Imelda Octavia Shanklin* (author of *What Are You?*) gives directions for remaking your world, if you have not already found it perfect (March 2).

● "DO YOU NEED HELP?" *by Dana Gatlin* (popular writer of fiction and frequent contributor to Unity periodicals), explains why we do not always receive the help for which we pray (March 9).

● "ATTAINING TRUTH," *by Fayette M. Drake* (for twenty-seven years a worker in Silent Unity), convincingly proclaims man's real purpose in life (March 16).

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